



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives. Protecting People.™

## Preconception Health and Health Care

Preconception health and health care focuses on taking steps now to protect the health of a baby in the future. However, preconception health is important for all women and men, whether or not they plan to have a baby one day.

### Preconception Health and Health Care Topics



#### Overview

What is preconception health and health care?



#### Women

Tips for women, even if they don't plan to get pregnant.



#### Reproductive Life Plan

Learn how to make a reproductive life plan.



#### Resource Center

Resources and tools for women, men, and health professionals.



#### Planning for Pregnancy

Tips for women who are planning a pregnancy



#### Men

Steps for men.



#### Health Professionals

Clinical care, recommendations, and tools.



#### Articles

Scientific articles and other documents.



*Show Your Love* is a national campaign designed to improve the health of women and babies by promoting preconception health and healthcare. [Get involved »](#)



### CDC Facebook Posts

#### CDC Facebook Posts

45.7 million adults have some form of mental illness and more than 1/3 of this population are current smokers. Tobacco prevention and control should include efforts to reach and support this population: <http://go.usa.gov/4fZx>.



### NCBDDD Tweets

#### Dr. Boyle Tweets

A baby is born every 15 minutes with a congenital heart defect. Ryan was born with one—read his story. <http://t.co/ALNooUoQ>

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